

Stress

This result is based on the answers you provided earlier from the self assessment

Date of Assessment : 15/06/2023

Question: Do you have difficulty sleeping or staying asleep due to stress?

Answer: fvgb

Question: Do you experience physical symptoms of stress, such as headaches, muscle tension, or stomach problems?

Answer: nb n

Question: Do you have difficulty concentrating due to stress?

Answer: b

Question: Do you feel irritable or easily angered due to stress?

Answer: b hb